



SNS COLLEGE OF NURSING
Saravanampatti (po), coimbatore.

DEPARTMENT OF NURSING
COURSE NAME : BSC (NURSING) II YEAR
SUBJECT : CET
UNIT II: INTERPERSONAL RELATIONSHIP
TOPIC :BARRIERS, JOHARI MODEL



METHODS TO OVERCOME PERSONAL BARRIERS



- Honesty & trust must be maintained.
- Individuals involved in IPR must try to adapt according to other's background & try to be flexible.
- Effective communication & clarity of thoughts is essential in IPRs.



Contd...



- Individuals involved in an IPR must have a sound self-concept & positive self esteem.

- A mutual sense of respect must be ensured by the people involved in a personal and professional relationship.

Contd...

- Skilled therapeutic communication is required to interact with individuals suffering from psychiatric problems.





METHODS TO OVERCOME SITUTATIONAL BARRIERS



- The interaction setting should be simple and familiar to the individuals.
- Even in organizations, individuals must spend quality time with their co-workers to strengthen the bond.





METHODS TO OVERCOME SOCIAL BARRIERS



- Individuals should try to adapt the social variations.



- Enhance communication skills such as maintain eye contact, listening with patience, etc.

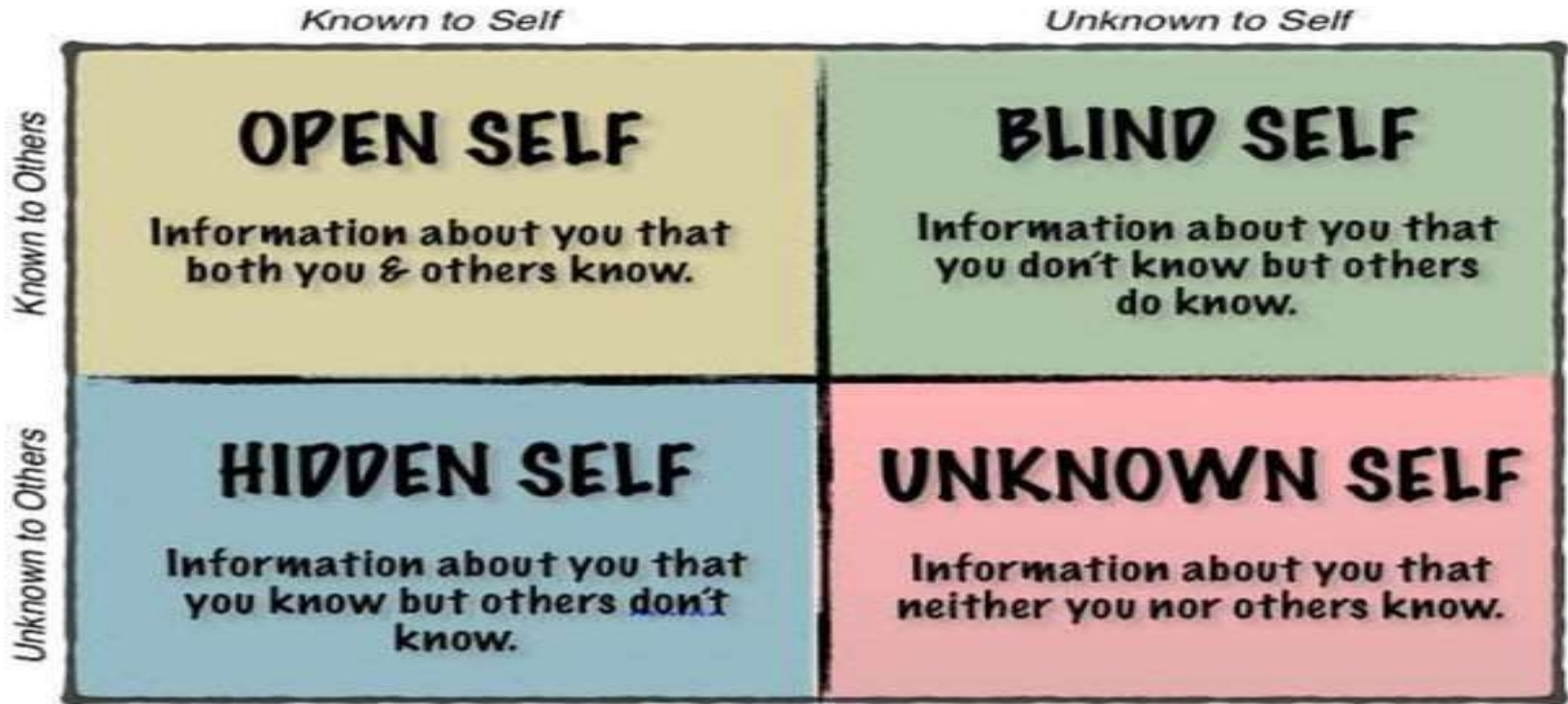


JOHARI WINDOW MODEL



- It was devised by American psychologist, Joseph Luft & Harry Ingham, in 1955.
- This model is a simple & useful tool for improving self-awareness & mutual understanding between individuals within a group.

Contd...





OPEN OR PUBLIC SELF

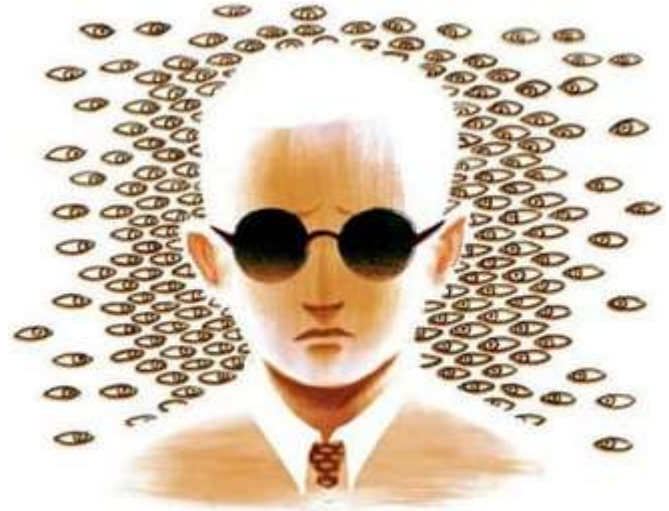


- Represents the part of the self that is public; i.e, characteristics of the self about which both the individuals & others are aware.



BLIND SELF

- Represents the part of the self that is known to others but remains hidden from the awareness of the individual.



PRIVATE/HIDDEN SELF

- Represents the part of the self that is known to the individuals, but which the individual purposefully hide from other because of some personal reasons.



UNKNOWN SELF

- Represent the part of the self that is unknown to both; the individual & to others.





FUNCTION OF JOHARI WINDOW



- It puts importance on behavior, empathy, co-operation, inter-group development & interpersonal development.
- It can also be used to improve an individual's relationship with others or a group's relationship with other groups.



Contd...



- The model is a simple & useful tool for improving self-awareness & mutual understanding between individuals in a group.
- The model can also be used to assess & improve a group's relationship with other groups.



Contd...



- It represents information, feelings, experiences, view, etc. within or about a person in relation to their group from four perspectives.
- This model provides a useful way to graphically visualize the process of self-disclosure.



CONCLUSION



In education, IPR plays an important role in the process of learning and motivation. A good IPR actively and continuously facilitates personal growth & development of people by sharing experiences in life.





ASSESSMENT



1. How to overcome barriers of IPR?
2. Explain the Johari window model?
3. Describe the functions of Johari window model?
4. Explain quadrants of johari window model?





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*Thank
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